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ABSTRACT

This document identifies the federal nutrition standards required in order to claim cash reimbursement and donated United States Department of Agriculture (USDA) commodities for meals served through school lunch or school breakfast programs. Minimum serving requirements for school lunch and school breakfast patterns are detailed by age/grade groups. Described in detail are alternate bread items (for example, bagels and doughnuts) which may be used to meet the bread requirements; restrictions on the sale of extra food items during serving periods; numbers of suggested food choices for breakfast and lunch; and tips for reducing plate waste and for increasing student participation in the School Nutrition Program. (Author/JA)

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NUTRITIONAL STANDARDS FOR SCHOOL NUTRITION PROGRAMS

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TABLE OF CONTENTS

Nutritional Standards for School Nutrition Programs 1

School Lunch Pattern. 1
Recommended Portions by Age/Grade Group 3
Chart - School Lunch Pattern for Various Age/Grade Groups. 5
Bread Equivalent. 6
"Offer Versus Serve" Guidance 9

School Breakfast Pattern. 11

Nutritional Standards of Food and Beverage Offerings During Serving Periods. 13

Tips for Increasing Participation 16

Tips for Reducing Waste 17

APPENDIX

EXHIBIT "A": Nutritional Standards for School Lunches

EXHIBIT "B": Nutritional Standards for School Breakfasts

EXHIBIT "C": Restrictions on the Sale of Food and Beverages During the School Day

INTRODUCTION

Sponsors of school nutrition programs are required by federal regulation to serve meals which meet the nutritional standards specified in the School Lunch or School Breakfast Patterns. These standards are described in detail herein. Only meals which meet these standards can be claimed for cash reimbursement and donated USDA commodities.

As the primary objective of the school food service program is to encourage students to develop sound nutritional habits, it is strongly recommended that only a limited number and type of a la carte foods be sold during the serving periods. To assist sponsors, the suggested a la carte foods to be sold during the serving periods are listed in chart form. A chart containing the restrictions on the sale of food and beverages during the school day is also included.

NUTRITIONAL STANDARDS FOR SCHOOL NUTRITION PROGRAMS

Cash reimbursements and donated United States Department of Agriculture (USDA) commodities can only be claimed for meals that meet the specific meal patterns. All components of the School Lunch Pattern must be served in elementary schools. It is mandated at the senior high school level that students may choose three of the five food items contained within the four food components of the School Lunch Pattern; and, when approved by the local school district, junior or middle school students may choose at least three of the five items contained within the four components of the School Lunch Pattern.

SCHOOL LUNCH PATTERN

The USDA recommends that portions be adjusted by age/grade group (see page 4). If portions are not adjusted, the following are minimum requirements that must be served to all children:

1. Meat and/or Meat Alternate

   Two ounces (edible portion as served) of lean meat, poultry or fish; or two ounces of cheese; or one-half cup of cottage cheese; or two large eggs; or four tablespoons of peanut butter; or one cup of cooked dry beans or peas. To be counted toward meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

2. Vegetables and Fruits

   A three-fourth cup serving consisting of two or more vegetables or fruits or both. No more than one half of the total requirement, (3/8 cup or 3 ounces) may be met with full-strength fruit or vegetable juice. Menu items such as fruit cocktail or mixed vegetables are considered as only one item.

   Large combination vegetable and/or fruit salads, containing at least three-fourths cup of two or more vegetables and/or fruits, are considered as two or more servings and will meet the full requirement (e.g., chef's salad, salad bar salads, cottage cheese and fruit platters).

   Small amounts (less than 1/8 cup) of vegetables and fruits used for flavoring or an optional ingredient such as a garnish, cannot be counted to meet the vegetable/fruit requirement.

3. Bread or Bread Alternate

The minimum requirement is eight servings per week. A serving is one slice of whole-grain or enriched bread; or a biscuit, roll, muffin, etc., made of whole-grain or enriched flour or meal; or a half cup of cooked whole-grain rice; or a half cup of macaroni, noodles, other whole-grain or enriched pasta products, or other cereal grains such as bulgur or corn grits.

Schools serving lunch six or seven days per week should increase this specified quantity by approximately 20 percent (one-fifth) for each additional day. Accordingly, for each day less than a five-day week, schools should decrease the specified quantity by 20 percent.

Only bread/bread alternates that are customarily served as an accompaniment to or an integral part of the main dish may be used to meet the bread requirement. Dessert and snack-type foods such as cakes, cookies, granola bars, dessert pie crust, hard thin pretzels, corn chips or other extruded or shaped items made from grain may not be used to meet the bread requirement.

4. Fluid Milk

One-half pint of fluid milk. Schools MUST make an unflavored lowfat milk, skim milk or buttermilk available, and MAY make other types of fluid milk available (e.g., whole milk or chocolate milk).

NOTE: The following foods do not contribute towards the School Lunch Pattern requirements. These items may be served in addition to the required components, but are not considered part of the essential menu:

Bacon	Half & Half	Potato Chips
Catsup	Ice Cream	Potato Sticks
Cream Cheese	Jam	Salad Dressing
Creamsicles	Jelly	Sherbet
Gelatin	Nuts	Yogurt
	Pickle Relish	

RECOMMENDED PORTIONS BY AGE/GRADE GROUP

To better meet the nutritional needs of students according to their age/grade groups and to minimize food waste among younger students, school lunch regulations recommend that schools vary portion size.

As shown in the chart on page 5, there are five age/grade groups:

GROUPS I AND II
List the minimum portion sizes that can be served to preschool children.

GROUP III
Lists the minimum portion sizes that can be served to children in kindergarten through third grade (ages five through eight). These are:

Meat/Meat Alternate	-	1-1/2 Ounces
Fruit and/or Vegetables	-	1/2 Cup
Bread or Bread Alternate	-	8 Servings/Week
Milk	-	1/2 Pint (8 fluid ounces)

GROUP IV
Lists the minimum portion sizes that can be served to children in grades four through twelve (age nine and over). These are:

Meat/Meat Alternate	-	2 Ounces
Fruit and/or Vegetables	-	3/4 Cup
Bread or Bread Alternate	-	8 Servings/Week
Milk	-	1/2 Pint (8 fluid ounces)

GROUP V
Lists recommended portion sizes for children in grades seven through twelve (age twelve and over). These are:

Meat/Meat Alternate	-	3 Ounces
Fruit and/or Vegetables	-	3/4 Cup
Bread or Bread Alternate	-	10 Servings/Week
Milk	-	1/2 Pint (8 fluid ounces)

If children from different age/grade groups eat at the same time, it would not be feasible to serve varied portion sizes. In that case, all children would have to be served portion sizes in GROUP IV.

CHART 1

SCHOOL LUNCH PATTERNS FOR VARIOUS AGE/GRADE GROUPS

U.S. Department of Agriculture, National School Lunch Program

USDA recommends, but does not require, that you adjust portions by age/grade group to better meet the food and nutritional needs of children according to their ages. If you adjust portions, Groups I-IV are minimum requirements for the age/grade groups specified. If you do *not* adjust portions, the Group IV portions in the shaded column are the portions to serve all children.

COMPONENTS		MINIMUM QUANTITIES Preschool ages 1-2 (Group I)	Preschool ages 3-4 (Group II)	Grades K-3 ages 5-8 (Group III)	Grades 4-12[1] age 9 & over (Group IV)	RECOMMENDED QUANTITIES[2] Grades 7-12 age 12 & over (Group V)	SPECIFIC REQUIREMENTS
MEAT OR MEAT ALTERNATE	**A serving of one of the following or a combination to give an equivalent quantity:**						• Must be served in the main dish or the main dish and one other menu item. • Textured vegetable protein products, cheese alternate products, and enriched macaroni with fortified protein may be used to meet part of the meat/meat alternate requirement. Fact sheets on each of these alternate foods give detailed instructions for use. NOTE: The amount you must serve of a single meat alternate may seem too large for the particular age group you are serving. To make the quantity of that meat alternate more reasonable, use a smaller amount to meet part of the requirement and supplement with another meat or meat alternate to meet the full requirement.
	Lean meat, poultry, or fish (edible portion as served)	1 oz	1½ oz	1½ oz	2 oz	3 oz	
	Cheese	1 oz	1½ oz	1½ oz	2 oz	3 oz	
	Large egg(s)	1	1½	1½	2	3	
	Cooked dry beans or peas	½ cup	¾ cup	¾ cup	1 cup	1½ cup	
	Peanut butter	2 Tbsp	3 Tbsp	3 Tbsp	4 Tbsp	6 Tbsp	
VEGETABLE AND/OR FRUIT	**Two or more servings of vegetable or fruit or both to total**	½ cup	½ cup	½ cup	¾ cup	¾ cup	• No more than one-half of the total requirement may be met with full-strength fruit or vegetable juice. • Cooked dry beans or peas may be used as a meat alternate or as a vegetable but not as both in the same meal.
BREAD OR BREAD ALTERNATE	**Servings of bread or bread alternate** A serving is: • 1 slice of whole-grain or enriched bread • A whole-grain or enriched biscuit, roll, muffin, etc. • ½ cup of cooked whole-grain or enriched rice, macaroni, noodles, whole-grain or enriched pasta products, or other cereal grains such as bulgur or corn grits • A combination of any of the above	5 per week	8 per week	8 per week	8 per week	10 per week	• At least ½ serving of bread or an equivalent quantity of bread alternate for Group I, and 1 serving for Groups II-V, must be served daily. • Enriched macaroni with fortified protein may be used as a meat alternate or as a bread alternate but not as both in the same meal. NOTE: *Food Buying Guide for School Food Service*, PA-1257 (1980) provides the information for the minimum weight of a serving.
MILK	**A serving of fluid milk**	¾ cup (6 fl oz)	¾ cup (6 fl oz)	½ pint (8 fl oz)	½ pint (8 fl oz)	½ pint (8 fl oz)	At least one of the following forms of milk must be offered: • Unflavored lowfat milk • Unflavored skim milk • Unflavored buttermilk NOTE: This requirement does not prohibit offering other milks, such as whole milk or flavored milk, along with one or more of the above.

May 1980

[1]Group IV is shaded because it is the one meal pattern which will satisfy all requirements if no portion size adjustments are made.

[2]Group V specifies recommended, not required, quantities for students 12 years and older. These students may request smaller portions, but not smaller than those specified in Group IV.

BREAD/BREAD ALTERNATES

The following items may be served to meet the bread requirement of the National School Lunch Program or the School Breakfast Program:

GROUP I - *WEIGHTS SHOULD EQUAL AT LEAST 25 GRAMS OR 0.9 OUNCES*

ITEM	SERVING SIZE (1)	# BREAD EQUIVALENT	APPROXIMATE WEIGHT	
			GRAMS	OUNCES
Bagels	1 Bagel	2	57	2.0
Biscuits	1 Biscuit	1	28	1.0
Boston Brown Bread	1 Serving	1	28	1.0
Buns (All Types)[2]	1 Bun	1	30	1.1
Cornbread	1 Serving	1	28	1.0
Doughnuts (All Types)[2]	1 Serving	1	32	1.1
English Muffins	1 Sm. Muffin	1½	40	1.4
	1 Lg. Muffin	2	57	2.0
French or Vienna Bread[3]	1 Serving	1	28	1.0
"Fry" Bread	1 Piece	1	32	1.1
Italian Bread[3]	1 Serving	1	28	1.0
Pretzels, Dutch (Soft)	1 Pretzel	½	28	1.0
Pumpernickel	1 Slice	1	28	1.0
Rolls				
Cloverleaf	1 Roll	1	30	1.1
Frankfurter	1 Roll	1½	40	1.4
Hamburger (Small)	1 Roll	1½	40	1.4
Hamburger (Medium)	1 Roll	2	50	1.8
Hard Rolls (Round/Kaiser)	1 Roll	2	57	2.0
Hoagie or Submarine	½ Roll	2½	68	2.4
Parkerhouse	1 Roll	1	30	1.1
Rye Bread	1 Slice	1	25	0.9
Salt Sticks	1 Stick	1	25	0.9
Stuffing (Bread)[4]	1 Serving	1	80	2.8
Syrian or Pita Bread	1 Section	1	25	0.9
White Bread	1 Slice	1	25	0.9
Whole Wheat Bread	1 Slice	1	25	0.9

GROUP II - *WEIGHTS SHOULD EQUAL AT LEAST 20 GRAMS OR 0.7 OUNCES*

ITEM	SERVING SIZE (1)	# BREAD EQUIVALENT	APPROXIMATE WEIGHT	
			GRAMS	OUNCES
Bread Sticks (Dry)	4 Sticks	1	20	0.7
Melba Toast	5 Pieces	1	20	0.7
"Pilot" Bread	2 Pieces	1	32	1.2
Rye Wafers (Whole-Grain)	4 Wafers	1	20	0.9
Saltine Crackers	8 Crackers	1	23	0.8
Soda Crackers	4 Crackers	1	20	0.8
Taco Shells	2 Reg. Shells	1	20	0.8
	1 Lg. Shell	1	20	0.8
Zwieback	2 Pieces	1	21	0.7
Graham Crackers	3-2½" Square Crackers	1	20	0.7

GROUP III - *WEIGHTS SHOULD EQUAL AT LEAST 30 GRAMS OR 1.1 OUNCES*

ITEM	SERVING SIZE (1)	# BREAD EQUIVALENT	APPROXIMATE WEIGHT	
			GRAMS	OUNCES
Dumplings	1 Dumpling	1	45	1.6
Hush Puppies	1 Serving	1	30	1.1
Meat/Meat Alternate Turnover Crust	1 Serving	1	42	1.5
Pancakes	1 Pancake	1	42	1.8
Pizza Crust	1 Serving	1	30	1.1
Popovers	1 Popover	1	50	1.8
Sopapillas	1 Serving	1	30	1.1
Spoonbread	1 Serving	1	30	1.1
Tortillas	2 Tortillas	1	50	1.8
Waffles	1 Serving	1	30	1.1

FOOTNOTES:

1. The number of items are approximate amounts. Additional quantities may be used to provide the appropriate weight for this group, depending on the size of the item used.
2. To be allowed as a bread item only in the School Breakfast Program.
3. Denotes commercially prepared products often made with unenriched flour. Check label or manufacturer to be sure product purchased is made with enriched flour.
4. Bread in a serving of stuffing should weigh at least 25 grams or 0.9 ounces.

"OFFER VERSUS SERVE" GUIDANCE

Public Law 94-105 resulted in the regulation that enables high school students to select three out of the five food items within the four components of the School Lunch Pattern. Such lunches may be claimed for cash reimbursement and donated USDA foods when sold to students at the established price.

"210.10 REQUIREMENTS FOR LUNCHES
(a)(4) Senior high school students shall be offered the complete Type A Lunch pattern..... Such students must choose at least three of the five food items contained within the four food components of the Type A Lunch, but the choice of fewer than all five items shall not relieve non-needy students from paying the full price of the Type A Lunch or those students determined eligible for reduced price lunches..... from paying the reduced price charge."

Public Law 95-166 amends Public Law 94-105 and extends the "offer versus serve" provision to junior high and middle school students, when approved by the local school food authority. The first sentence of the above regulation is now amended to read as follows:

"210.10 REQUIREMENTS FOR LUNCHES
(a)(4) Students in senior high schools and, when approved by the local school food authority, students in junior high and middle schools as defined by the state and local educational agencies, shall be offered the complete Type A Lunch pattern...

NOTE:

1. Public Law 94-105 mandates this provision nationwide at the senior high school level and allows no discretion to state and local authorities.

2. However, Public Law 95-166 allows the local school food authority to approve implementation at the junior high or middle school levels.

3. The "offer versus serve" provision does not apply at the elementary school level.

4. The provision is applicable to residential child care institutions when the residents are of high, junior or middle school grade level as determined by the state or local educational agency.

SCHOOL BREAKFAST PATTERN

To be claimed for cash reimbursement, the school breakfast shall contain as a minimum:

1. One-half pint of fluid milk, used either as a beverage or on cereal or used in part for each purpose.

2. A one-half cup serving of fruit or vegetable or full-strength fruit or vegetable juice.

3. One slice of whole-grain or enriched bread; or an equivalent serving of cornbread, biscuits, rolls, muffins, etc., made of whole-grain or enriched meal or flour (such as pancakes, waffles); or a three-fourth cup serving of whole-grain or enriched or fortified cereal; or an equivalent quantity of any combination of these foods.

NOTE:

1. If a sweetener is listed as the primary ingredient on the label, the whole-grain or enriched bread, bread alternate or cereal should not be served to meet this component of the School Breakfast Pattern.

2. Formulated grain/fruit products may be used as an alternate to meet the bread/cereal and the fruit/juice requirement in the School Breakfast Pattern. The following information must appear on the label of each serving. "This product conforms to USDA-FNS specification. It meets the breakfast requirements when served with one-half pint of milk."

3. Cookies cannot be served to meet the bread component of the School Breakfast Pattern.

To improve the nutrition of the participating children, breakfasts shall also include, as often as practicable, protein-rich foods such as one egg; a one-ounce serving (edible portion as served) of meat, poultry or fish; one ounce of cheese; two tablespoons of peanut butter; or an equivalent quantity of any combination of these foods. Additional foods may be served with breakfasts as desired.

COFFEE CAKE AND FRUIT TURNOVERS AS A BREAD EQUIVALENT FOR SCHOOL BREAKFAST

As a guideline for determining the acceptability of a coffee cake or fruit turnover and the minimum quantity required to be the equivalent of one slice of bread, the following must be met:

1. Whole-grain or enriched meal or flour is the predominant ingredient of the recipe as specified on the label.

2. The total weight of a serving size:

   a. For a coffee cake, the minimum weight of the grain portion of the product (exclusive of fillings, toppings, etc.) should be at least 25 grams per serving.

   b. For fruit turnovers, the minimum weight of the grain portion of the product (exclusive of fillings, toppings, etc.) should be at least 30 grams per serving.

NUTRITIONAL STANDARDS OF FOOD AND BEVERAGE OFFERINGS DURING SERVING PERIODS

Choices should be offered to meet nutritional goals of the School Nutrition Programs. A variety of offerings reduces plate waste and encourages participation. The number of choices suggested is listed in Exhibit "A" for the National School Lunch Program and Exhibit "B" for the School Breakfast Program. These charts should be posted.

The sale of extra food items during serving periods shall be restricted to those items recognized as making a significant contribution to the nutritional needs of children or those items permitted to be served as components of the School Lunch and/or School Breakfast Patterns.

1. Effective July 1, 1980 the following items cannot be sold anywhere on the school premises from the beginning of the school day until the end of the last lunch period:

   a. Carbonated beverages

   b. Chewing gum

   c. The following types of candy -

      - hard candy
      - jellies and gums
      - marshmallow candy
      - fondants
      - licorice
      - spun candy
      - candy coated popcorn

   d. Water ices (except those containing fruit or fruit juices).

2. The following items are of limited and questionable nutritional value and therefore should not be sold during hours when the School Nutrition Programs are in operation.

   a. Cookies and crackers made without enriched or whole-grain flour.

   b. Corn chips

   c. Hard pretzels

   d. Any item which lists sugar as the primary ingredient on the label. (This includes many commercially produced cakes, cupcakes and pies.)

3. Dessert and snack items which may be sold during the hours that the School Nutrition Programs are in progress include:

   a. Pies, cakes, cookies and cobblers (made with whole-grain or enriched flour).

   b. Puddings, flavored gelatins, popcorn, potato chips.

   c. Nuts, seeds, granola bars.

   Each flavor of a dessert or snack item is considered a different variety.

4. It is suggested that:

   a. The serving of foods high in salt, fat or refined sugar be limited, especially those foods which combine any of the above.

   b. Poultry or fish be served at least once a week.

   c. Several foods containing iron be served each day.

   d. A vegetable or fruit containing Vitamin A be served at least twice a week.

   e. A vegetable or fruit containing Vitamin C be served several times a week.

   f. Fresh fruit, full-strength juice, seeds, nuts and enriched or whole-grain bread items be offered for a la carte service.

   g. Natural foods be sold instead of artificially flavored/colored substitutes. Serve peanut butter and crackers rather than artificially flavored/colored cheese and peanut butter crackers.

   h. Labels be read. Be aware of the ingredients in the foods available to your students.

5. All income derived from the sale of food and beverage items within a school during the hours that School Nutrition Programs are in operation must accrue to the School Nutrition Program account. All income from food and beverage items sold during hours when School Nutrition Programs are not in operation must accrue to the account of either the School Nutrition Programs or a nonprofit organization operating with the sanction of the school administration.

6. Merchandising efforts should give major emphasis to well balanced meals.

7. Children should be permitted to purchase second servings in elementary schools as well as secondary schools to provide for differences

in appetites. Prepackaged systems may be an exception. Prices established for seconds should cover all costs.

8. Graduated sizes of servings should be established to provide for varying appetites, provided that minimum requirements for each age group are met.

9. Leftover food items properly refrigerated may be reheated and offered as alternates the next day. Properly frozen leftover food items may be held longer.

10. The use of textured vegetable protein items is encouraged to reduce costs. Even though 30 percent is permitted, most schools find 15-20 percent preferable.

11. A la carte offerings should be priced to cover all costs. A la carte items should not compete with the price of the school lunch and/or school breakfast. It should be more economical to purchase the school lunch or school breakfast as a unit.

12. Menus must be clearly posted at the serving line so that students are aware of the choices offered.

TIPS FOR INCREASING PARTICIPATION

1. Schools are required to develop a program for student involvement. Some suggestions are:

    a. Form a student committee or advisory council. Involve students as much as possible and meet regularly with them. Encourage them to promote your program.

    b. Survey students to find out their food preferences. Publish results and serve favorite foods frequently.

    c. Have poster contests.

    d. Decorate the cafeteria using special themes.

    e. Conduct tours of the kitchen and serving area.

2. Schools are required to develop a program for parent involvement. Some suggestions are:

    a. Send information to parents on the goals and objectives of the school lunch program. Ask your principal to insert it in his bulletin to parents.

    b. Invite parents to school to have lunch with children.

    c. Set up a parent committee.

    d. Explain the lunch program at PTA meetings.

3. Celebrate National School Lunch Week (second week in October). Watch for promotional ideas in the School Foodservice Journal.

4. Write articles for the student newspaper concerning your program (or ask the students to write them).

5. Publish articles, with pictures, in your local newspaper. Invite a local celebrity, such as a mayor, a local senator, a congressman or assemblyman to lunch.

6. Bag lunches that meet the School Lunch Pattern and sell at a "snack bar" for quick service.

7. Have your food service staff serve in football or basketball outfits when a big game is coming up or enlist some student servers.

8. Increase choices that require a minimum of labor - chocolate milk as well as white milk, applesauce or peaches in lieu of a less popular vegetable, etc.

TIPS FOR REDUCING WASTE

Food served to children but not eaten is not nutrition at all. Every effort should be made to reduce plate waste. The following suggestions have been found to be effective methods of reducing waste:

1. Offer chocolate milk as an alternate.

2. Offer a choice of food items. Where labor is limited, choices such as canned fruits or full-strength fruit and/or vegetable juices may be offered.

3. Introduce new foods in small portions.

4. Serve the smallest portion permitted for very young children. Refer to the "School Lunch Pattern" on page 5.

5. Offer three 1/4 cup portions of fruit and/or vegetables instead of two items to meet the three-fourths cup requirement.

6. Offer finger foods frequently.

SUGGESTED FINGER FOODS

Apple Wedges
Orange Sections or Halves, Banana Chunks
Carrot Sticks
Cheese Sticks or Cubes
Dried Fruit - Raisins, Prunes (pitted), Peaches, Apricots, etc.
Fresh Fruit or Wedges - Peaches, Pears, etc.
Pineapple Sticks
Green Pepper Sticks or Rings
Meat Cubes - Ham or Lunchmeats
Melon Cubes
Grapefruit or Tangerine Sections
Tomato Wedges
Celery Sticks - Plain or Stuffed with Peanut Butter or Cheese

7. Avoid serving food items that are generally unacceptable to children. Serve children's food preferences frequently.

8. Involve students in menu planning.

9. Cook vegetables in small batches to increase acceptability.

10. Butter can be added to hot vegetables such as mashed potatoes or green beans. Toast buttered hamburger buns and hot dog rolls in the oven for increased acceptability.

FOR FURTHER INFORMATION CONTACT:

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EXHIBIT "A"
(1/81)

NUTRITIONAL STANDARDS FOR SCHOOL LUNCHES

SCHOOL LUNCH PATTERN

1. Two ounces protein-rich food (meat, fish, poultry, cheese, half cup cottage cheese, two large eggs, four tablespoons peanut butter, or one cup of cooked dry beans or peas).
2. Three-fourths cup serving consisting of two or more vegetables and/or fruits. (Full-strength fruit or vegetable juice may meet half of this requirement.)
3. Eight servings of bread or bread alternates per week.
4. One-half pint fluid milk (an unflavored lowfat milk, skim milk or buttermilk must be available).

TYPE OF SCHOOL	ELEMENTARY SCHOOL *(Kindergarten through five and/or six)*	MIDDLE OR JUNIOR HIGH SCHOOLS *(Grades six through eight and/or nine)*	HIGH SCHOOL *(Grades nine through twelve)*
Number of lunches served	One or more school lunches	Two or more school lunches where feasible. (Prepackaged systems are exempt.)	Three or more school lunches where feasible. (Prepackaged systems are exempt.)
Options		1) Choices of at least two complete lunches. Lunches may be any type meal such as a hot meal, a cold meal, or a combination of hot and cold foods. It may be a soup and sandwich or a bag school lunch. 2) Choice within the School Lunch Pattern. Serve at least two choices within the meat/meat alternate and fruit/vegetable components of the school lunch.	1) Choices of at least three complete lunches. Lunches may be any type of meal such as a hot meal, a cold meal, or a combination of hot and cold foods. It may be a soup and sandwich or a bag school lunch. 2) Choice within the School Lunch Pattern. Serve at least three choices within the meat/meat alternate and fruit/vegetable components of the school lunch.
If a la carte items are offered, these should be limited to:	1) Milk or pure fruit and/or vegetable juices 2) Soup 3) Fruit 4) Ice Cream 5) Dessert - one variety 6) Yogurt	1) Milk or pure fruit and/or vegetable juices. 2) Soup 3) Fruit 4) Ice Cream 5) Dessert/snack items - no more than four varieties. Each different flavor is a different variety. 6) Sandwiches with at least two ounces of a protein-rich food. 7) Salad 8) Yogurt 9) Whole-grain or enriched bread or bread alternate.	1) Milk or pure fruit and/or vegetable juices - One noncarbonated fruit drink may be served. 2) Soup 3) Fruit 4) Ice Cream 5) Dessert/snack items - no more than six varieties. Each different flavor is a different variety. 6) Sandwiches with at least two ounces of a protein-rich food. 7) Salads 8) Yogurt 9) Whole-grain or enriched bread or bread alternate.

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EXHIBIT "B"
(1/81)

NUTRITIONAL STANDARDS FOR SCHOOL BREAKFAST

SCHOOL BREAKFAST PATTERN

1. One-half cup of fruit, vegetable or full-strength fruit or vegetable juice.
2. One-half pint of fluid milk (whole white milk, chocolate milk, skim milk, 2% milk, or buttermilk).
3. One slice of whole-grain or enriched bread or bread alternate or three-fourths cup of whole-grain or enriched cereal.

NOTE: If a sweetener is listed as the primary ingredient on the label, the bread, bread alternate or cereal should not be served to meet the component requirement.

TYPE OF SCHOOL	ELEMENTARY SCHOOL *(Kindergarten through five and/or six)*	MIDDLE OR JUNIOR HIGH SCHOOLS *(Grades six through eight and/or nine)*	HIGH SCHOOL *(Grades nine through twelve)*
Number of breakfasts served	Serve one complete school breakfast.	Serve at least one complete breakfast. Where feasible, a choice should be served.	Serve at least one complete breakfast. Where feasible, a choice should be served.
Options		1) Choice within the School Breakfast Pattern. 2) Choice of two complete breakfasts.	1) Choice within the School Breakfast Pattern. 2) Choice of two complete breakfasts.
If a la carte items are offered, these should be limited to:	None	1) Milk, hot chocolate, pure fruit and/or vegetable juices 2) Fruit 3) Whole-grain or enriched bread and cereal products. No more than five varieties. Enriched or whole-grain flour should be the primary ingredient. 4) Sandwiches containing a minimum of two ounces of a protein-rich food. 5) Yogurt	1) Milk, hot chocolate, pure fruit and/or vegetable juices, coffee or tea. 2) Fruit 3) Whole-grain or enriched bread and cereal products. No more than five varieties. Enriched or whole-grain flour should be the primary ingredient. 4) Sandwiches containing a minimum of two ounces of protein-rich food. 5) Yogurt

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EXHIBIT "C"
(1/81)

RESTRICTIONS ON THE SALE OF FOOD AND BEVERAGES DURING THE SCHOOL DAY

BEGINNING OF SCHOOL DAY

SCHOOL BREAKFAST PROGRAM *Serving Period*	NO SCHOOL NUTRITION PROGRAMS IN OPERATION *(Before Lunch Period)*	NATIONAL SCHOOL LUNCH PROGRAM *Serving Period*	NO SCHOOL NUTRITION PROGRAMS IN OPERATION *(After Lunch Period)*
Restrictions on Foods: Limited to types listed on Exhibit "B" chart.	Restrictions on Foods: No chewing gum. No carbonated beverages. No water ices (except those containing fruit or fruit juices). No candies of the following types: • hard candy • jellies and gums • marshmallow candy • fondants • licorice • spun candy • candy coated popcorn	Restrictions on Foods: Limited to types listed on Exhibit "A" chart.	Restrictions on Foods: None
Restrictions on Income: ALL income must accrue to the School Nutrition Program's account.	Restrictions on Income: Income must accrue to EITHER the School Nutrition Program's account OR to a nonprofit organization approved by the school.	Restrictions on Income: ALL income must accrue to the School Nutrition Program's account.	Restrictions on Income: Income must accrue to EITHER the School Nutrition Program's account OR to a nonprofit organization approved by the school.

END OF SCHOOL DAY